CLAIMS

What is claimed is:

1. Use of a herbal extract composition “RM01” comprising an extract of a mixture comprising Ophiopogon Japonicus, Barbary Wolfberry, Rhizoma Acori Tatarinowii and Codonopsis Pilosula for the manufacture of a medicament for treating a neurodegenerative disease or condition in an individual.

2. The use of claim 1, wherein the mixture comprises about 10% -70% (w) *Ophiopogon Japonicus*, about 10% -70% (w) *Barbary Wolfberry*, about 10% -70% (w) *Rhizoma Acori Tatarinowii* and about 10% -70% (w) *Codonopsis Pilosula.*

3. The use of claim 1 or claim 2, wherein the mixture comprises about 20% - 30% (w) *Ophiopogon Japonicus*, about 20% - 30% (w) *Barbary Wolfberry*, about 20% - 30% (w) *Rhizoma Acori Tatarinowii* and about 20% - 30% (w) *Codonopsis Pilosula.*

4. The use of any one of claims 1-3, wherein the disease or condition is Alzheimer’s disease (AD).

5. The use of claim 4, wherein the individual has a mild AD or a MMSE score of 20-24.

6. The use of claim 4, wherein the individual has a moderate AD or a MMSE score of 13-20.

7. The use of claim 4, wherein the individual has a severe AD or a MMSE score that is less than 12.

8. The use of any one of claims 1-3, wherein the individual has a mild cognitive impairment (MCI) disease.

9. The use of any one of claims 1-8, wherein the individual has memory loss.

10. The use of any one of claims 1-9, wherein the herbal extract composition RM01 is to be orally administered into the individual.

11. The use of any one of claims 1-10, wherein the individual is a human.

12. A herbal extract composition "RM01" comprising an extract of a mixture comprising *Ophiopogon Japonicus*, *Barbary Wolfberry, Rhizoma Acori Tatarinowii* and *Codonopsis Pilosula.*

13. The herbal extract composition of claim 12, wherein the mixture comprises about 10% -70% (w) *Ophiopogon Japonicus*, about 10% -70% (w) *Barbary Wolfberry,* about 10% -70% (w) *Rhizoma Acori Tatarinowii* and about 10% -70% (w) *Codonopsis Pilosula.*

14. The herbal extract composition of claim 12 or 13, wherein the mixture comprises about 20% - 30% (w) *Ophiopogon Japonicus,* about 20% - 30% (w) *Barbary Wolfberry,* about 20% - 30% (w) *Rhizoma Acori Tatarinowii* and about 20% - 30% (w) *Codonopsis Pilosula.*

15. A method for preparing an herbal extract composition from a mixture comprising *Ophiopogon Japonicus*, *Barbary Wolfberry, Rhizoma Acori Tatarinowii* and *Codonopsis Pilo"sula* root, the method comprising:
i) adding a liquid to the mixture comprising *Ophiopogon Japonicus, Barbary Wolfberry, Rhizoma Acori Tatarinowii* and *Codonopsis Pilosula* to obtain a mixture in the liquid*;*
ii) heating said mixture in the liquid at about the boiling temperature of the liquid, for about 30 minutes to about 60 minutes;
iii) collecting a liquid extract from the heated mixture;
optionally wherein the liquid is an aqueous solution, further optionally the liquid is water.

16. A method for preparing an herbal extract composition from a mixture comprising *Ophiopogon Japonicus*, *Barbary Wolfberry, Rhizoma Acori Tatarinowii* and *Codonopsis Pilosula,* the method comprising:
i) adding water to the mixture comprising *Ophiopogon Japonicus, Barbary Wolfberry, Rhizoma Acori Tatarinowii* and *Codonopsis Pilosula* to obtain a mixture in water*;*

ii) heating said mixture in water at a temperature of about 100ºC, for about 30 minutes to about 60 minutes;
iii) collecting a liquid extract from the heated mixture.

17. The method of claim 15 or claim 16, wherein the mixture comprises about 10% -70% (w) *Ophiopogon Japonicus*, about 10% -70% (w) *Barbary Wolfberry*, about 10% -70% (w) *Rhizoma Acori Tatarinowii* and about 10% -70% (w) *Codonopsis Pilosula.*

18. The method of any one of claims 15-17, wherein the mixture comprises about 20% - 30% (w) *Ophiopogon Japonicus*, about 20% - 30% (w) *Barbary Wolfberry,* about 20% - 30% (w) *Rhizoma Acori Tatarinowii* and about 20% - 30% (w) *Codonopsis Pilosula.*

19. A herbal extract composition prepared by the method according to any one of claims 15-18.

20. An herbal extract composition of any one of claims 12-14 and 19, further comprising an excipient.